WEEK 11

ENCOURAGE ONE ANOTHER AND BUILD ONE ANOTHER UP



PRIMARY SCRIPTURES

1 Thessalonians 5:9–11; 1 Samuel 23:15–18

BIG TRUTH

God strengthens His people through believers who come alongside one another, encourage their faith, and remind them of His promises in difficult seasons.

PREPARE: READ AND OBSERVE

Read 1 Thessalonians 5:9–11 and 1 Samuel 23:15–18. Circle repeated words, underline commands, and note what the passages reveal about God, people, and relationships.

My first observations or questions:

KNOW: UNDERSTAND THE TRUTH

As you study these passages, consider how God uses His people to strengthen one another in faith. Pay attention to the example of Jonathan and David and how biblical encouragement involves more than kind words. It calls us to come alongside others, remind them of God's truth, and help them find strength in Him.

Choose to Become a Life-Giver
To encourage is to come alongside someone to comfort, urge, or strengthen them. To build up carries the idea of construction, reinforcing and strengthening another person's faith. Biblical encouragement is neither flattery nor vague positivity; it helps others remain rooted in Christ.

Enter the Wilderness
Jonathan went to David in the wilderness and helped him find strength in God. He could not remove David's difficult circumstances, but he could offer his presence and encouragement. Sometimes the most meaningful way to encourage someone is to come alongside them through faithful presence before offering advice.

Speak Biblical Hope
Jonathan reminded David of God's promised future. Christian encouragement tells the truth about pain while applying God's character, promises, and gospel. It strengthens faith without denying the reality of someone's circumstances.

Doctrine: What We Believe
The triune God is the God of encouragement (Romans 15:5), the Son advocates for His people, and the Spirit is our Helper. Because believers' future is secure in Christ, we can strengthen one another with steadfast hope.

Supplemental Passages: Romans 8:31–39 • Romans 15:1–7 • 2 Corinthians 1:3–7 • Hebrews 3:12–13 • Hebrews 10:23–25

KNOW QUESTIONS

1. What gospel truths support the command to encourage and build one another up in 1 Thessalonians 5:9–11?

2. How did Jonathan strengthen David's faith in the wilderness?

3. How is biblical encouragement different from flattery or simply trying to make someone feel better?

FOLLOW: PRACTICE THE WAY OF JESUS

Move from what the text means to what faithful obedience looks like in your actual relationships. Choose at least two questions to answer fully before the group meets.

1. When someone is discouraged, do you tend to offer quick solutions, avoid the situation, lecture, minimize their pain, or come alongside them?

2. Who in your life is walking through a difficult or discouraging season right now?

3. What specific evidence of God's grace or work can you recognize and affirm in another believer?

4. How can you use Scripture to encourage someone without dismissing or minimizing what they are experiencing?

FOLLOW: PRACTICE THE WAY OF JESUS

This Week's Practice
Encourage two people specifically. Name what you see God forming in them, share one fitting Scripture, and pray with at least one of them.

My specific person, action, and time:

REFLECT: ATTEND TO THE HEART

Take time to examine your heart in light of what you've learned. Consider what the Holy Spirit is revealing about your attitudes, fears, and relationships as He forms you to reflect Christ.

1. Are your words more likely to build others up, tear them down, or leave them unchanged?

2. When has someone's presence or encouragement helped strengthen your faith?

3. What promise of God do you need others to remind you of in this season?

RESPOND AND PRAY

God of encouragement, use my presence, words, Scripture, and prayers to strengthen Your people in Christ.

One truth I want to remember:

One step I will practice:

People and needs we will pray for: